



The Good News

September 2013

Community Presbyterian Church

2279 North Wedgewood Lane

Cedar City, Utah 84721

www.cedarpres.org

The Pastor's Pen

In the thirteenth and fourteenth chapters of the book of Numbers, the Lord commands Moses to send twelve spies into the land of Canaan, the land that the Lord had promised Abraham his descendants would one day inhabit. Moses tells the spies to go into the land to determine whether its soil is rich or poor, and if it is heavily defended or not by the people living there.

When the spies return after forty days of scouting out the land, they all agree that the land is rich and "flowing with milk and honey." But ten of the spies are convinced the people of the land are much too strong for the Israelites to overcome. The towns are large and well-fortified, and the armies of the inhabitants are large and strong. However, two of the spies, Joshua and Caleb, are convinced that the people of Israel can take the land because the Lord is on their side, and because the Lord has already ordained that the land will be theirs.

The people will not heed Joshua and Caleb, and they beg Moses to take them away from the borders of the land, where they will be safe. The Lord allows the people to leave, but decrees that they will wander about in the desert of Sinai for forty years, until all of the present generation has died, because of their faithlessness and fear.

Discerning God's will in a particular matter is not always an easy task. Presbyterians believe that the will of God is much more faithfully discerned when a group of saints work together in that discernment process. Once the group has done its best to discern the direction of the Holy Spirit, then the difficulty becomes following that direction when it is hard, and often it is indeed hard.

No one promised the Israelites that their occupation of the promised land was going to be easy. Joshua and Caleb claimed only that it was the Lord's will that they take it, and that the Lord would be with them. Sometimes in the life of the church, we find ourselves in the very same place. We discern as best we can a way forward, a way that may well be hard, but we proceed because it is God's will and because we trust God will be with us in the journey.

May the Lord give us, the members and friends of Community Presbyterian Church, faithful discernment in the years to come, and trust in the Lord to go forward when the way is hard.

Peace and joy,

Pastor John

In This Issue

Worship News	2
Session Highlights	3
Budget Update	3
Stewardship Musings	4
Adult Opportunities	5
Children	5
Prayer Requests	6
Deacons	6
CPW	7
Youth	8
Mission	9
Property and Maintenance	10
Birthdays	11
Worship Leadership	11

**Director of
Music
Ministries
Position
Available**



The Personnel Committee is seeking a new Director of Music Ministries. The ideal candidate will provide accompaniment for worship and direct the Chancel Choir. If you know of anyone in Cedar City who might fit the bill, please call or email Pastor John (pastor@cedarpres.org, 586-8891) or Neal Smith (867-5487, nls400@msn.com).



Choir Practice Resumes

Choir Practice Resumes

Christine Winterrose has been hired to be our interim choir director. Please join the choir at 9:45 am in the Sanctuary on Sunday mornings. We have thirty four choir robes to fill! We need YOU!!

Home Communion

If you have difficulty getting to worship regularly and would like to have the deacons, ruling elders, and/or pastor serve you the Lord's Supper at home on the first Sunday of each month, please call the church office, 586-8891.



**One Service of Worship
Sunday, September 29**

On Sunday, September 29 Community Presbyterian will offer only one service of worship at 10:00 am. Stay after worship to help with Fall Rummage Sale preparations!

**Childcare Resumes on Sundays for
8:30 am Worship**

Childcare will resume at the 8:30 am service of worship beginning Sunday, September 8. Beverly McGarvey will be the primary childcare provider, and will be available from 8:30 am through 12:15 pm every Sunday.

OUR MISSION

To invite people to experience Jesus Christ and to become his joyful disciples.

OUR VISION

To be a vibrant and dynamic outpost of the Kingdom of Heaven, compassionately sharing the love of Christ with our community and the world.

OUR FIVE PURPOSES

- Praise: Authentic Worship
- Potential: Intentional Discipleship
- Party: Genuine Fellowship
- Proclaim: Respectful Evangelism
- Partner: Compassionate Mission

Worship Leaders Needed!

Liturgists, children's message-givers, and Communion preparers are always needed for our two Sunday services of worship. Experience worship from the other side of the communion table!

Sign up for a date on the sheets posted in the Fellowship Hall. Contact: Klaus Stetzenbach, 702-595-9164.

**Virgin River Presbyterian Fellowship
Pulpit Exchange**

On Sunday, September 22, the three churches of the Virgin River Presbyterian Fellowship will once again exchange pastors. Pastor Ralph Clingan will be in Cedar City. Pastor John will be in Mesquite.

Your Session at Work!

The Session of Community Presbyterian Church met on August 20 for its monthly stated meeting. At that meeting the Session...

- Heard from the Mission Committee (Jan Ackart) of plans for a second mission trip to the Las Vegas Rescue Mission in October; a report on the recent mission trip to Mora, New Mexico; and plans to send \$500 in mission funds to the PC(USA) designated fund for tornado relief in Moore, Oklahoma
- Approved a motion from the Mission Committee for approval of a policy regarding response to funding requests
- Heard the report of the Children's Ministries Committee (Lynne Brown): there will be only one children's Sunday School class in the fall for grades 1-6; the proposed curriculum for the class is "Feasting on the Word;" Bev McGarvey will continue to teach age-appropriate lessons to children younger than first grade; the committee will consider the viability of offering a bus or shuttle service to worship/Sunday School and home each Sunday
- Approved a motion from the Children's Ministries Committee to use the curriculum "Feasting on the Word" and the following teachers: Nancy Osborn, Penny Yardley, Chris Roelandt and Claire Whipple
- Heard the report of the Nominating Committee (Klaus Stetzenbach; the committee continues to seek individuals to fill the deacon and elder vacancies (one each)
- Approved two motions from the Personnel Committee: (1) Resuming childcare for the 8:30 am service of worship, with Beverly McGarvey serving as primary caregiver; (2) Hiring member Christine Winterrose to serve as interim choir director
- Heard from the Finance Committee (John Guthrie, acting moderator): USDA summer lunch finances remain to be completed; the Presbyterian Youth Triennium line item remains in the red by \$4,338.97 – further income is expected; endorsed the additional expense of hiring a childcare attendant for the 8:30 am service of worship
- Heard from the Worship Committee (Klaus Stetzenbach) about a recent trip of the committee to study the sound and video equipment at Westview Christian Church; approved a motion to go to the Personnel Committee recommending the provision of childcare for the 8:30am service of worship

- Approved a motion from the Worship Committee approving ruling elder Dick Higgins from St. George to preach and lead worship in the absence of Pastor John on Sunday, September 15
- Approved the motion of the Stewardship Committee (John Guthrie) for the 2013 stewardship program which has the following features: extending from October 20 to November 10; the solicitation of financial pledges only; worship speakers and bulletin inserts; one service of worship on Sunday, November 10, followed by a catered luncheon; Utah Presbytery Executive Laura Stellmon to preach in worship and speak at the luncheon; exceeding the stewardship budget by some \$2,000 with the intention of recouping that amount in increased pledges
- Revised the membership rolls, eliminating inactive members, some who have left Cedar City, and some who have requested removal (11 members total)

Deacon and Session Vacancies

The Nominating Committee, moderated by Klaus Stetzenbach, is at work to identify individuals called to fill a vacancy on the Board of Deacons and another vacancy on the Session. Recommendations from the congregation at large are very welcome. Please call or email Klaus, 702-595-9164, klaus.stetzenbach@unlv.edu

New Photo Directory Coming Soon!

The family photos have been taken. Look for a new photo directory of CPC members and friends which will be available soon!



Community Presbyterian Financial Update

2013 Budget	\$232,400.00
Income (07/31/2013)	\$122,160.39
Expenses (07/31/2013)	\$115,759.57
Balance (07/31/2013)	\$6,400.82

Thank you for your stewardship of God's good gifts and for your generous support of Community Presbyterian ministries!

Stewardship 2013

"Your Treasure, Your Heart!"

Stewardship season 2013 has the theme, *"Your Treasure, Your Heart"* which is taken from Matthew 6:21: "Where your treasure is, there your heart will be also." The Stewardship Committee (David Miller, Patt Behrens, Pastor John) encourage all members and friends of Community Presbyterian Church to begin considering and praying about a pledge of financial giving to God for the approaching new year. The 2013 stewardship season will feature some familiar elements and some new ones...

- ◇ The season will begin on October 20 and end on November 10 (four Sundays).
- ◇ For 2013 pledges of monetary giving only will be solicited; pledges of time and talent will not be collected this season.
- ◇ The season will again feature bulletin insert articles written by our members and friends, and brief talks by others as they share their stories of and commitment to stewardship themes.
- ◇ Look for something entirely new before worship on November 3!
- ◇ One service of worship on Dedication Sunday, November 10.
- ◇ Guest preacher Laura Stellmon, the Executive Presbytery of Utah Presbytery, on Dedication Sunday.
- ◇ A catered luncheon following that service on November 10, with Laura as guest speaker.
- ◇ Collection of pledge cards following Laura's talk. (Pledges will of course be accepted before and after November 10, but we encourage you to be present for the luncheon that day!)

Jesus tells his followers, "Where your treasure is, there your heart will be also." We are constantly tempted to place our treasure, our value, in things that do not last. We are tempted to spend "our" (really God's) treasure on things of little value. God calls us to give to God all that is God's. Well, that would be everything.

Blessings on your season of discernment regarding your giving to God for 2014.

- The 2013 Stewardship Committee

Ministry Expo 2013!

Sunday,
September 8
during both coffee
fellowship hours.
Discover all the
ministries being
carried out by the
saints of
Community
Presbyterian!



Widows Support Group

The Widows Support Group meets next on Wednesday, September 18 at 10:00 am. Please call or see Muriel Lee for more information: 586-9236. All widows from the church and community are welcome.

Intercessory Prayer Group

The Intercessory Prayer Group is looking for folks who would like to join in prayer with others twice a month for Community Presbyterian and other concerns in our community and the world. Please call or email Shari Hughes (867-4664, psalm.103@hotmail.com).

Dining for Women

Dining for Women is a movement consisting of many local chapters in the US, with women from local churches participating in each chapter. DFW participants gather once a month in order to share a simple meal. Money that would have been spent on something more elaborate is collected each month from the diners and is then sent to an overseas ministry that benefits women.

The next Cedar City DFW dinner is set for Tuesday, September 10 at 7:00 pm. All women are very welcome. Contact Carol Cheney for more information, 592-3205.

Cedar Area Christian Women's Luncheon

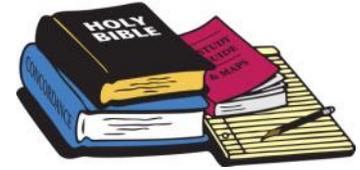
Women from several Cedar City churches gather on the first Monday of each month at 1:00 pm at Denny's restaurant for lunch, fellowship, and a program. The next luncheon is set for September 2. For more information call Karen Horst, 704-1073.

Spiritual Growth Opportunities for Adults—Fall 2013

Be
Nourished

New Pastor's Class Begins in September

Pastor John will offer a new, intensive, 34-week study of the Bible beginning in September. The class will use a curriculum called "The Bible in Depth" by "The Kerygma Program," a highly respected Christian publishing house. The class will study ten major themes that thread through both the Old and New Testaments. The class is for both women and men, and everyone is welcome regardless of background in Bible study. Come and grow with us!



The weekly meeting day and time will be set according to the needs and desires of the class participants. If you would like to participate or would like to have more information, please call or email Pastor John (586-8891, pastor@cedarpres.org.)

"Why Evil Exists"

Participants are always welcome to attend an ongoing class, led by Harry Brown and others, on the question of "Why Evil Exists." The class meets weekly on Sundays at 12:30pm in the elementary classroom. The class features a videotaped lecture by Dr. Charles Mathewes, who is a professor of religious studies at the University of Virginia, followed by class discussion. If you have ever struggled with questions about why we suffer and why evil exists, this class is for you! Call or email Harry Brown for more information (586-8133, hbrown@infowest.com).

Bible Study and Intercessory Prayer

A small but dedicated group of saints meets on the second and fourth Wednesdays of each month at 1:00pm at the home of Shari and Robert Hughes. The group prays for various needs, including especially Community Presbyterian Church. The time of prayer is followed by a brief Bible study. Everyone is welcome. Call Robert or Shari for more information (867-4664).

Saturday Men's Group

Meetings of the Saturday Men's Group will resume in September. The men will meet at 8:00am every Saturday, and all men of the church are very welcome. Tom Milk solicits recommendations for a new Bible or book study. Please call or email Tom with questions or recommendations for a new study (477-8658, milkbarn@scinternet.net).

Hop on the Bus!

The Children's Ministries committee is considering the idea of providing a van or shuttle vehicle to pick up children each Sunday for church and Sunday school, and then returning them after fellowship time (around 12:45 pm). This program would allow children who wish to attend church and Sunday school an opportunity to do so on a regular basis.

Please let Lynne Brown (586-8133) or Nancy Osborn (586-7086) know if this idea is of interest to you. If there is sufficient interest Children's Ministries will pursue appropriate options for drivers and vehicles. Thank you!

Children's Sunday School Resumes!

Children's Sunday School will resume on Sunday, September 8, with one class for all children, grades 1-6. The children and youth will use "Feasting on the Word" once again, the same curriculum that worked so well last year. A big THANK YOU to the four regular Sunday school teachers: Nancy Osborn, Penny Yardley, Chris Roelandt and Claire Whipple! Please see Lynne Brown (586-8133) or Nancy Osborn (586-7086) if you are willing to be a substitute teacher. Our children need all of us to help them grow as Christian disciples!

Beverly McGarvey will continue to teach Bible stories and activities to pre-school children. Children younger than first grade should go to the Nursery for Sunday activities and stories with Bev.



Please Pray For...

- + Emmi Ewing, health
- + Adele McGinn, health
- + Audrey Coe, health
- + Louise Vredenburg, health
- + Cliff Hoppus, health
- + Gordon Swain, health
- + Stephen Brooks, bereaved
- + Bob Rosenberger, bereaved
- + Phyllis Charles, bereaved
- + Brown and Brunson Families, bereaved
- + Martha Bayer, bereaved

The Prayer Chain

Community Presbyterian Church has a very active prayer chain. Prayer requests are sent to the prayer chain members (currently numbering about 70) by email immediately after they are received. If you would like to place a particular request on the prayer chain, please call or email the church office (586- 8891, office@cedarpres.org.) The backup contact is Patt Behrens (patt@infowest.com, 586- 3349.).

Condolences

Martha Bayer's mother, Gertrude Beasley, died September 24 in Alamogordo, New Mexico. Please hold Martha, her husband Jim, and daughter and son-in law, Jamie and Ken Knight, in your prayers.

Support for Centro Cristiano El Shaddai

Community Presbyterian members wanting to provide financial support for our sisters and brothers of Centro Cristiano El Shaddai here in Cedar City may send donations to:

Centro Cristiano El Shaddai
3539 Solano Way
St. George, UT 84790

El Shaddai is a 501(c)(3) registered organization, and all donations are acknowledged with a receipt.

From Your Deacons

All CPC members and friends are reminded to please contact their assigned Deacon when they have a need for care or support. That's what the Deacons do!

Deacon Families

Our Deacons are assigned to particular CPC families and diligently work to maintain monthly contact with those families. If you do not have an assigned Deacon and would like to have one, please contact Marci Beck at 586-8891.

Help Needed: Dinners for SUU Students at St. Jude's Episcopal

St. Jude's Episcopal Church is once again asking for help to provide dinner for hungry SUU students every Thursday evening during the school year. This year St. Jude's needs a rotating crew of people to come at about 10:00am every Thursday to get the main dish started and to carry out other necessary preparations. Can you help? Contact Rev. Allman for more information: 435-559-3623, stjudescedarcity@gmail.com.

Iron County Care and Share Annual Golf Tournament

The annual Iron County Care and Share "Drive Out Hunger" Golf Tournament is set for Wednesday, September 18. Lunch is provided at noon, and tee off is set for 1:00 pm. All Community Presbyterian golfers are encouraged to join together to form a team. Cash prizes are awarded to the best teams! Participants contribute \$100 per person. Pick up a flyer in the narthex or call the church office (586-8891) for more information.

Come enjoy a great day of golf! Help support neighbors in need!

Food Drive

Iron County Care and Share is sponsoring a food drive on Saturday, September 21, with a truck available to receive donations in the Wal-Mart parking lot. Come help neighbors in need!

SNAP Challenge

Can you meet the SNAP challenge? Can you and your family eat for \$4.00 per day per person for five days, September 9-13? That's what the typical recipient of the federal Supplemental Nutritional Assistance Program receives. Think you are up to the challenge? Contact Nancy Guthrie for more information, 512-632-9304, nancy@careandshare-utah.com.

Presbyterian Women News

Coffee Fellowship

The Presbyterian Women remind all CPC members and friends that treats for coffee fellowship do not need to be elaborate or especially expensive! Any treats you can provide are welcomed by those who gather for fellowship after worship. Thank you for helping to build up our congregation in love by providing treats for coffee fellowship!



Please call Ann Johnson at 867-4983 with any questions.

New Opportunity for Women

Kristyn Decker, author of *Fifty Years in Polygamy: Big Secrets and Little White Lies*, will speak on Saturday, September 7 at 10:00 am at Trinity Lutheran Church. Please sign up on the Presbyterian Women bulletin board or contact Gen Phelps (559-6822) by September 1.

Community Presbyterian Women Circles

The women of Community Presbyterian Church will offer four circles beginning in September! Circles are small groups of women that meet for food, fun, conversation, prayer, study, and growth in Christ. Three of the circles will meet in the evening, and one during the day. Look for more information on meeting times and places soon. For more information contact Gen Phelps (586-6822, gphelps@infowest.com) or Jane McCoy (702-375-5813, jane.r.mccoy@gmail.com).

Ministry Expo 2013

The Community Presbyterian Women will have a table in the fellowship hall for Ministry Expo 2013. Please stop by and ask questions. Sign up for upcoming study circles! Your chance to let us know how you want to be involved.

New CPW Circle

A new CPW circle will meet on the third Wednesday of each month at 1:00 pm at CPC beginning September 18. The group will study the DVD series "Women of the Bible." Please contact Linda Stetzenbach (702-497-4865) for information and the reading assignment for the first meeting.

Sew A Long for Mission

All women are invited to participate in the mission project "Little Dresses for Africa" on Saturday, September 14 from 10:00 am to 2:00 pm at Lee Bechtel's home. Help is needed to cut the patterns, and sewing machines are needed to sew the dresses.

Patterns, fabric, thread, and binding will be supplied. Please bring your good scissors and a sewing machine if you have one. Also bring a sack lunch. Drinks will be provided. Contact: Lee Bechtel 867-8278.

Fall Gathering Presbyterian Women of Utah

Join the Presbyterian Women of Utah in Springville, Utah September 27-28. The theme of the gathering is "Listening for God: Finding Our Voice." Details and registration can be found at www.pwutah.org. Ask Jane McCoy about her experience at the Spring Gathering. Contact: Gen Phelps, 559-6822

Fall Rummage Sale Haul Up Sunday

There will be only one worship service on September 29 at 10:00 am. Help is needed following worship to prepare for the fall rummage sale. Proceeds from the rummage sale go to local and global mission projects. Please help as you are able!

Rummage Sale October 4 & 5

Volunteers are needed throughout the week preceding the sale.



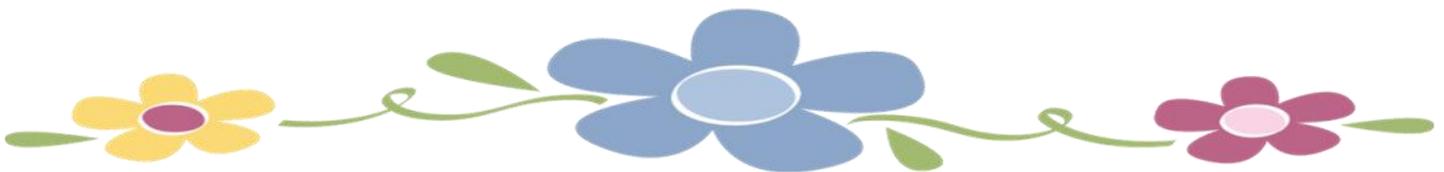
YOUTH CALENDAR & NEWS!

Find us on Facebook!

www.facebook.com/groups/life.cpeyouth

I know most of you aren't that excited about starting school again, but in all honesty, I am, because it means routine, and I know your routines well! Plus we will be starting our study of the Apostles' Creed with the LIFE Group, and "people of the Bible" with some AMAZING stories for the Logos group. Fall Calendars have been planned (through December). If you need one, let me know and we'll get you a copy! I hope you're ready to be moved through another blessed year of school, worship, and discipleship!

~Penny (909) 855-2203 & penny@cedarpres.org



September Calendar

- 1st LIFE Bible Study 10-11 am
- 8th LIFE Bible Study/Ministry Expo 10-11 am
- 10th Logos Bible Study 7-8:30 pm
- 14th LIFE Laser Tag and Dinner in St George 3 pm
- 15th LIFE Meeting 10-11 am
- 22nd LIFE Bible Study 10-11 am
- 24th Logos Bible Study 7-8:30 pm
- 29th LIFE Bible Study 10-11 am

Words of Wisdom

LIFE

The wicked lie in wait for the righteous, seeking their very lives, but the Lord will not leave them in their power or let them be condemned when brought to trial.

Psalm 37:32-33

LOGOS

He did evil because he did not set his heart on seeking the Lord.

2 Chronicles 14:12

Triennium

Triennium was outstanding! We had 19 youth and 5 adults from all over Utah attend and worship with over 5,000 others from all over the country, and even some from other countries! Thank you to CPC members for keeping us in your prayers during our adventure. You can see the pictures and video on our Facebook page (URL address above.)

Operation Christmas Child!

Once again we will be collecting boxes for Operation Christmas Child. This year we even have some boxes to get everyone started! If your fingers are too stiff to wrap them yourself, we have some available that are wrapped as well. Brochures will be available the first Sunday in September in the foyer, and we will be collecting the boxes the first week of November.

MISSION NEWS



Local Mission with Iron County Care & Share

Iron County Care & Share tells us that local needs are greater than usual and donations are less than usual. ICCS programs are growing as they provide food, emergency shelter, transitional housing, and essential services assistance.

CPC's Mission Committee has heard that plea for additional assistance. With Session approval the committee recently sent Care & Share \$4,000 to help meet some of the growing needs in our community.

How can you help? Please bring non-perishable food items, diapers, etc. to place in the Care & Share barrel in the church narthex. Many thanks to Doug and Bev Everett, who faithfully deliver donated items each week to Care & Share.

Care & Share also accepts fresh produce for distribution. Please deliver your donation directly to 222 West 900 North, Cedar City. The food bank is open Monday through Thursday from 9 am to 5 pm for donations. Thank you!

A list of suggested items can be found on the Mission bulletin board. Care & Share now provides us with a running count of how many pounds of food we donate. Check periodically and watch the tally grow!

You can also get involved with Hunger Action Month in September. More information is available online at www.careandshare-utah.com/care-and-share/hunger-action-month.

Josh and Kim Vis Mission Co-workers in Brazil

Thank you for your messages and prayers! Remember there are contact information cards for Josh and Kim available in the Narthex and church office.

“Here Today...Gone to Mora”

Mora, New Mexico, that is! Who knew that upon arrival we would run into a traffic jam on Main Street in this teeny town of less than 1,000! As luck would have it, the townsfolk were celebrating Fiesta Days. The Mora Valley is beautiful and steeped in a rich history of ranching along the Santa Fe Trail.

The manse (pastor's house), where we stayed, was well-appointed and very comfortable. The ladies from the church fed us a delicious lunch each day. We found the convenience of the manse located next to the church also quite handy.

What a blessing it was to BE a blessing by participating in this mission trip. Our work team of Keith and Angie Van Scoyk, Robin Parker, Ruth Kinney, Amarante Vasquez and Jan Ackart accomplished a lot in four days! Working side by side with members from the Mora congregation, we reroofed the fellowship hall, scraped old paint off, repainted, mowed, dug up and repaired a cut electrical line, created new signage, shored up a sagging porch ceiling, and replaced a pillar, just to list a few of the projects. The old adage holds true, “You never really know someone until you work side by side with them.” My heartfelt “thank you” goes out to each member of the work team for a meaningful and productive week.

Finally, many thanks to Community Presbyterian for sending this work team to Mora in late July for a week of work and fellowship with Presbyterians there. We could not have done this without your support.

Thankfully,
Jan Ackart



“Here Today...Gone to Mora” (Part II)

To all friends and members of CPC: Thank you from me for the mission trip to Mora, NM. I was able to work with the greatest “sister act” of our church. I can only imagine how much fun the Winterrose household was when Robin and Angie were growing up. They are great at synchronized painting. At one point I looked over toward their work location, and they were painting the soffit in identical postures. Jan went for the camera so we have it recorded. They were also great at taking direction from Amarante. (NOT.) We worked hard but found time for devotions and fellowship. Thanks to Community Presbyterian for your support of this trip which helped to preserve an old Presbyterian church building in the mountains of New Mexico. This congregation was formed in 1877 and continues to be a vital presence in their community.

- Ruth Kinney

Wood Cutters/Splitters Needed!

The CPC Men’s Association is now cutting, splitting, and delivering firewood. Firewood is sold to customers, with the proceeds going to CPC mission causes, and wood is also donated to local families in need. All men of the church and church friends are invited to participate. For more information contact Gordon Goslin, 586-8362.



Landscape Help Needed

The Property and Maintenance Committee of the Session welcomes any and all members and friends of our church, both women and men, to help maintain the church grounds. You can come and work on your own schedule. Please call Brad Phelps (586-6822) to find out which landscape chores are the most urgent.

Electronic Fund Transfer Available!

Have you considered giving to Community Presbyterian by electronic fund transfer? Call the church office for more information!

Property and Maintenance Contacts

Please note the following contacts for property and maintenance issues. Thank you!

- Building lights. Tom McGlincy or Steve Fish.
- Snow removal, landscape, and outside maintenance. Brad Phelps.
- Bright Starz Liaison. Lynne Brown.
- Painting. John Gallis or Steve Fish.
- Plumbing, heating, air conditioning. John Gallis.
- Janitorial services, Larson Mountain Property. Amarante Vasquez.
- Information Technology. John Guthrie.

Health Advice From the Parish Nurse

Cataracts

A cataract is a clouding of the lens of the eye. The clouded lens impairs light from entering the eye. Most cataracts grow slowly until they cloud the entire lens. Cataracts cause progressive vision loss. The likelihood of developing a cataract increases with age.

The cause of cataracts is mostly unknown. People with dark eyes, those who have experienced prolonged exposure to sunlight, those with poor nutrition, and past or present smokers are more likely to develop cataracts. Other causes can be diabetes, other eye diseases, an eye injury, long term use of corticosteroids, or exposure to x-rays.

Symptoms of cataracts are blurred vision, inability to distinguish between light and dark on printed pages, perception of less vibrant colors, observed halos around objects, or apparent glare. Prevention includes wearing sunglasses, a diet rich in carotenoids found in spinach and kale, and vitamins C and A.

Diabetics should keep their blood sugar levels close to normal.

Cataracts usually require no treatment until vision is significantly impaired. Then surgery is the answer: the affected lens is removed and an artificial lens is implanted.

-Karyn Klein

September Birthdays!

		Ashley Hall	9	Bailey Hendrix	17
Steve Covey	1	Raquel Vasquez	11	John Eye	18
Michael McGarvey	1	Gen Phelps	12	Siena Whipple	18
James Cummings	3	Sonny Enneper	13	Don Beale	20
Daniel Capps	3	Barbara Simmons	14	Ethan Garrison	21
Sarah Capps	3	Leticia Black	15	Taylor Parsons	22
Rich Bontadelli	5	Ginny Bontadelli	16	David Kirmeyer	26
Bobbee Russell	7	Thomas Pampinella	16	Tim Vogel	30



We apologize if we missed your birthday. Please call the church office so that we can update our records!

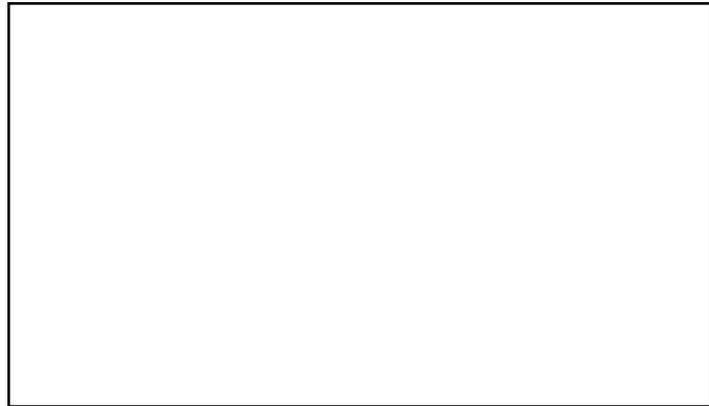
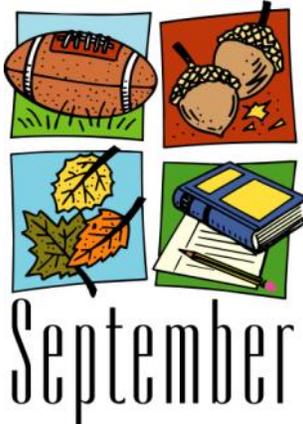
September Worship Leadership and Coffee Fellowship

	<i>September 1</i>	<i>September 8</i>	<i>September 15</i>	<i>September 22</i>	<i>September 29 One Service 10:00 am</i>
Liturgist 8:30 am	Mary Belle Royer	Janet Calliham	Dennis Gregz	Sandy Gallis	*****
Communion 8:30 am	Tom & Pam Milk				*****
Deacon 8:30 am	Marge McGlincy	Candice Heck	Sonny Enneper	Rich Bontadelli	*****
Greeters 8:30 am	Tom & Pam Milk	Sonny & Effie Enneper	Connie Lawrence Sherron Hall	Rich & Gin Bontadelli	*****
Fellowship 8:30 am	Tom & Pam Milk	Jim & Jeanine Howells	Mary Belle Royer	John & Sandy Gallis	*****
Liturgist 11:00 am	Robert Hughes	Dana Covey	Ruth Kinney		
Communion 11:00 am	Jeff & Marilyn Smith		Ruth Kinney		Mary Ann Willis
Children's Message	Robert Hughes	Becky Hill			
Special Music 11:00 am	Doug Everett	Dana Covey	Christine Winterrose	Choir	Elaine Moores
Deacon 11:00 am	Peggy Studley	Peggy Dahl	Norma Munro	Karen Russell	Lindsey Harvell
Fellowship 11:00 am	Barbara Simmons Evelyn Brazier	Jan Hite Peggy Dahl	Carol Cheney Muriel Lee David Price	Ann Johnson Steve & Kay Fish	Marci Beck

Community Presbyterian Church
2279 North Wedgewood Lane
Cedar City, UT 84721

Address Service Requested
Dated Material

We are especially thankful for...



The Session

Class of 2014 Dana Covey, Amarante Vasquez, Neal Smith
Class of 2015 Janet Ackart, Klaus Stetzenbach
Class of 2016 Lynne Brown, Julie Dempsey, Rita Osborn

The Board of Deacons

Class of 2014 Candice Heck, Jan Hite, Karen Russell, Peggy Studley
Class of 2015 Peggy Dahl, Cat Delaney, Norma Munro
Class of 2016 Bonnie Blakely, Rich Bontadelli, Lindsey Harvell, Marge McGlincy

Staff

Pastor	John Guthrie	pastor@cedarpres.org
Administrative Assistant	Marci Beck	office@cedarpres.org
Treasurer	Jeanine Howells	treasurer@cedarpres.org
Youth Director	Penny Yardley	penny@cedarpres.org
Childcare Attendant	Beverly McGarvey	

Contact Us

Office Phone (435) 586-8891
Webpage www.cedarpres.org
Facebook www.facebook.com/cedarpres

Community Presbyterian Church
"Inviting people to experience Jesus Christ and to become his joyful disciples!"